

Defining Your Career

Before completing this assignment, you will need to explore and catalogue your strengths and weaknesses, in addition to your interests and life goals. Our site has several links to learning style evaluations and study skill inventories. You may want to begin with the resources in the “Learning Styles and Study Skills” section.



After studying your strengths, weaknesses, or learning styles, try to apply them to your plans for the future. Before beginning the assignment below, review the Occupational Outlook Handbook to get a sense of the types of careers profiled. Then complete the questions below.

Coaches are trained to help students find information on a variety of fields and paths, so you may want to make an appointment to complete this assignment with an LAC Academic Coach.

1. What are your top strengths (students may refer to their learning styles, multiple intelligences, or any other self-studies completed with a coach or by themselves)?
2. What is your proposed career, and why have you picked this career?
3. How do you see this career maximizing your skills and utilizing your best skills?

For the remaining questions, review the Occupational Outlook Handbook. (Available online at <http://www.bls.gov/OCO/>). You may need to conduct additional research; if you're unsure where to begin your research, make an appointment with a coach to explore other resources.

4. What are the educational requirements to reach this career goal? Include undergraduate curriculum and performance requirements, graduate or professional career goals, residencies, etc. On the following page, attach or write your required courses for your major *and* any courses you may need to take to prepare for a graduate or professional program.
5. What is the average compensation in this profession? Is it a living wage? Is it enough for you to satisfy your lifestyle goals? Repay student loans?
6. In what areas or states is this occupation most in demand? In what areas or states is it best compensated?
7. What are the schedule or time demands for the average practitioner in this field? Will those fit with your goals for leisure, family life, travel, hobbies, or physical activity?

8. Explain your top priorities when balancing your work, family, and personal lives.

9. What sacrifices will you make in this career path? Are all these sacrifices acceptable or realistic (ex: will you have to work 80 hours per week to achieve success? If so, are you realistically willing to commit to such a time demand?)

10. What challenges will you need to plan for? Do you have a long educational path ahead of you? Are there courses or subjects for which you will need to more vigorously prepare?